



Southwest Salsa Burgers

READY IN



20 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 4 boston lettuce leaves
- ☐ 0.3 teaspoon chipotle chili powder
- ☐ 1 pound ground sirloin 90% lean
- ☐ 6 ounce hamburger buns toasted
- ☐ 2.7 ounce monterrey jack cheese with jalapeño peppers
- ☐ 0.3 cup salsa fresh refrigerated divided
- ☐ 0.4 teaspoon salt
- ☐ 0.3 cup shallots finely chopped

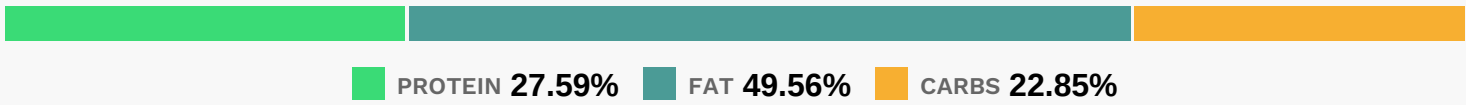
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Combine first 5 ingredients and 2 tablespoons salsa. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a large skillet or grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties to pan; cook 5 minutes on each side or until desired degree of doneness. Top each patty with 1 cheese slice; cook 1 minute or until cheese melts.
- ☐ Place 1 lettuce leaf on bottom half of each bun; top with 2 tomato slices, 1 patty, 1 1/2 teaspoons salsa, and 1 bun top.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:13.38, Inflammation Score:-6, Nutrition Score:19.509130457173%

Flavonoids

Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 451.12kcal (22.56%), Fat: 24.53g (37.73%), Saturated Fat: 10.65g (66.58%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 23.69g (8.62%), Sugar: 5.12g (5.69%), Cholesterol: 94.02mg (31.34%), Sodium: 728.08mg (31.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.72g (61.44%), Selenium: 32.68µg (46.69%), Vitamin B12: 2.7µg (45.06%), Zinc: 6.09mg (40.59%), Vitamin B3: 7.35mg (36.74%), Phosphorus: 340.69mg (34.07%), Vitamin B6: 0.53mg (26.44%), Iron: 4.43mg (24.59%), Calcium: 236.04mg (23.6%), Vitamin B2: 0.39mg (23.03%), Vitamin B1: 0.3mg (20.32%), Vitamin K: 20.37µg (19.4%), Manganese: 0.35mg (17.38%), Folate: 66.87µg (16.72%), Potassium: 532.12mg (15.2%), Vitamin A: 759.29IU (15.19%), Magnesium: 43.11mg (10.78%), Copper: 0.16mg (7.83%), Vitamin B5: 0.76mg (7.63%), Fiber: 1.76g (7.02%), Vitamin E: 0.86mg (5.76%), Vitamin C: 2.6mg (3.15%), Vitamin D: 0.23µg (1.52%)